

ANTIBIOTICS (ORAL)

- [] Amoxicillin 875mg: 1 by mouth twice a day
- [] Augmentin 875mg: 1 by mouth twice a day
- [] Bactrim DS: 1 by mouth twice a day
- [] Biaxin 500mg: 1 by mouth twice a day
- [] Clindamycin 300mg: 1 by mouth three times a day
- [] Keflex 500mg: 1 by mouth 4 times a day
- [] Levaquin 750mg: 1 by mouth once a day
- [] Omnicef 300mg: 1 by mouth twice a day
- [] Zithromax (zpack): take as directed
- [] Other:

[] Take probiotics or eat yogurt while on antibiotics to diminish GI symptoms (stomach cramping, diarrhea, etc)

REQUIRED HIGHLIGHTED ITEMS:

- ** You need to do all 3 items (saline rinse, IMTX/flonase, allergy pill) daily up until the day prior to surgery.
- ** AFTER surgery, stop flonase and allergy pill, and increase saline rinses to 4 times a day (4 full bottles) with distilled water starting the day AFTER SURGERY.

STERIODS (ORAL)

- [] Medrol dose pack (burst & taper)
- [] Prednisone 5mg 10 day taper (#79)
- [] Prednisone 10mg 12 day taper (#24)

Check blood pressure daily while on oral steroids and if SBP>140/150, call office.

ALLERGY (ORAL)

- [] Allergy pill daily (Zyrtec, Claritin, allergra, xyzal, or benadryl)

OTHER:

- [] Humidifier at bedside
- [] Breath rite strips at night and as needed (purchase over the counter)

TOPICAL MEDICATIONS

- [] Atrovent (non-allergic rhinitis) 1-2 sprays each nostril every 8-12 hours as needed
- [] Azelastine (nasal antihistamine) 1 spray each nostril twice daily (use with flonase)
- [] Bactroban ointment: apply up nostril 2-3x/day
- [] Bactroban ointment irrigations: squeeze 1-2 inches (strip) of ointment into Neil med sinus rinse bottle, add distilled water, saline packet, mix and irrigate
- [] Bactroban saline nasal spray: spray ___ puffs each nostril ___ times a day
- [] Dymista (allergy nasal spray) 1 spray each nostril twice a day
- [] Estrogen nasal spray
- [] Flonase (nasal steroid spray): 2 puffs each nostril once a day
- [] IMTX (itraconazole [antifungal], mupirocin [antibiotic], triamcinolone [steroid], xylitol [moisturizer]): 1-2 sprays each nostril 1-2 times a day – KEEP IN FRIDGE
- [] Johnson & Johnson baby shampoo: instill 1-2 drops into Neil med rinse bottle, mix and irrigate
- [] _____ Loxasperse sinotherapy: dissolve 1 capsule into Neil med sinus rinse solution (salt water), mix, & irrigate twice a day
- [] Predforte drops (eye drop to put into nose) in mygind position: instill 1-2 drops into both nostrils in mygind position, hold position x 5 minutes
- [] _____ drops in mygind position: instill 1-2 drops into both nostrils in mygind position, hold position x 5 minutes
- [] Rose geranium sesame spray
- [] Saline sinus rinses *one OR two* time a day & as needed, with distilled water
- [] Theophylline nasal spray
- [] Xhance

ACID REFLUX MEDICATIONS:

- [] Nexium (esomeprazole): ___mg, 1 by mouth ___ daily
- [] Prilosec (omeprazole): ___mg, 1 by mouth ___ daily
- [] Protonix (pantoprazole): ___mg, 1 by mouth ___ daily
- [] Pepcid (famotidine): ___mg, 1 by mouth ___ daily
- [] Mary's Magic Mouth Wash
- [] Girtaners Mouth Wash

*****WEANING OFF PROTON PUMP INHIBITORS*****

Take current acid reflux med every other day for 2 weeks
 THEN: take twice a week for 2 weeks
 THEN: once a week for 2 weeks
 THEN: Stop
 While weaning off proton pump inhibitors, continue with bedtime (PEPCID) pill.
 [] Continue with dietary/lifestyle modifications for reflux

FOLLOW UP APPOINTMENT: